A novel approach to the lumbar sympathetic chain: lateral access

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Plantar hyperhidrosis is a disabling condition of excessive, symmetric, focal sweating of the feet with social, psychological, and medical implications. Treatment options include topical agents, iontophoresis, botulinum toxin injection, and surgical disruption of the lumbar sympathetic chain.

Surgical corridors include transperitoneal and retroperitoneal approaches. We report our technique with a novel minimally invasive lateral retroperitoneal approach commonly used for lateral interbody fusions. The lateral approach for sectioning of the sympathetic chain in the treatment of hyperhidrosis appears safe. The approach may be advantageous for the patient and surgeons familiar with lateral interbody fusion. Further studies may elucidate the long term efficacy and safety of the lateral approach.

The video can be found here: <http://youtu.be/Q82SGpmAXng>.
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KEY WORDS • lumbar • sympathectomy • plantar hyperhidrosis • lateral • video

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